

# University of Idaho

P.O. Box 400  
238 Eighth Avenue West  
Moscow, ID 83639

## Surine Greenway

Extension Educator

Family and Consumer Sciences

Owyhee County Extension

PHONE : 208-896-4104

CELL : 208-860-3939

FAX : 208-896-4105

EMAIL : [surineg@uidaho.edu](mailto:surineg@uidaho.edu)

WEB : [extension.uidaho.edu/owyhee](http://extension.uidaho.edu/owyhee)

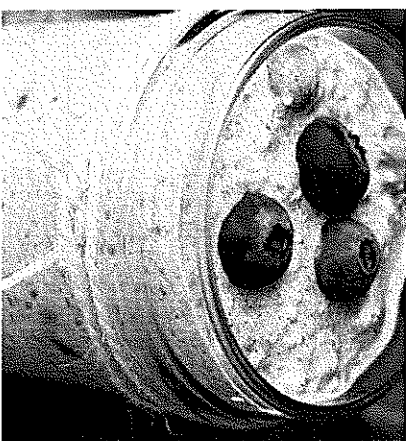
## Overnight Oatmeal

### Ingredients:

- 1/3 c. old fashioned rolled oats
- 1/2 c. Greek yogurt
- 1/3 c. milk
- 1 tsp. chia seeds
- 1/4 tsp. vanilla
- 1/2 c. berries of choice

### Instructions:

1. Mix all ingredients in a pint mason jar or another container. Put a lid on it and let it set overnight in the refrigerator.
2. Eat directly out of the jar in the morning for an on-the-go breakfast.



<http://allrecipes.com/recipe/244251/no-cook-overnight-oatmeal/>

# Nutrition Facts

1 servings per container

**Serving size** 1 serving

**Amount Per Serving**

**Calories** **300**

	% Daily Value*
<b>Total Fat</b> 6g	8%
<b>Saturated Fat</b> 1g	5%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrate</b> 40g	15%
<b>Dietary Fiber</b> 8g	29%
<b>Total Sugars</b> 14g	
<b>Includes 0g Added Sugars</b>	0%
<b>Protein</b> 20g	40%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This label is based off the recipe provided, based off of 1% low fat milk and using plain Greek yogurt and frozen raspberries. Any changes you make to the recipe will alter this label.



University of Idaho

# Lemon Pepper Tuna Chickpea Salad

## Ingredients:

- 1 can (5 oz.) Tuna
- 1 (15 oz.) can rinsed Garbanzo Beans (Chickpeas)
- ½ c. fat-free plain Greek Yogurt
- 1 Tbsp. Mrs. Dash Lemon Pepper

## Instructions:

1. Mix all ingredients in a bowl and serve.



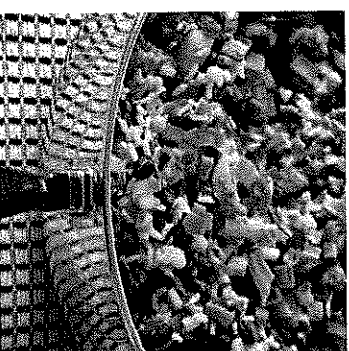
[http://www.simpyreipes.com/recipes/white\\_bean\\_and\\_tuna\\_salad/](http://www.simpyreipes.com/recipes/white_bean_and_tuna_salad/)

\*\*You can also use the Lemon Pepper Tuna Pouches to make it even easier.

# Basic Pantry Veggie Skillet

## Ingredients:

- 1-2 cups Brown Rice cooked  
(Substitute Quinoa or other Grain)
- 1 (15 oz.) can of Black Beans rinsed
- 2 (15oz.) cans Diced Tomatoes
- 1-2 chopped Bell Peppers
- 1 package frozen Broccoli Florets
- 2-4 tbs. Italian Seasoning (Optional)



## Instructions:

1. Place all ingredients in warm skillet and cook until warm.

## Notes:

---

---

---

---

---

---

---

---